

SAN FRANCISCO WALDORF EARLY CHILDHOOD



NURSERY PROGRAM *A Joyful First Step*

Warm, welcoming, and joyful – this is a child’s first experience at San Francisco Waldorf School. Here in our nursery, young children are guided by experienced nursery teachers through days of exploration and wonder.

Experienced Teachers: Our teachers are Waldorf trained, which provides them with a deep understanding of child development. Each teacher has had years of classroom experience. Teachers work closely with families to ensure a smooth transition to the nursery, and to create an ongoing experience that supports each child’s social, emotional, cognitive, and physical development.

Homelike Classrooms: Our fully licensed nursery program has two classrooms on Sacramento Street, close to our grade school. Toys and furnishings are made of natural materials, allowing for a varied sensory experience and inviting creativity and problem-solving.

Nursery Program Options

3-day: Monday, Tuesday, Wednesday
 3-day: Wednesday, Thursday, Friday
 5-day: Monday through Friday

Daily Rhythm

08:30a	Drop-off
08:30 - 9:30	Outdoor free play & teacher-led activities
09:30 - 10:00	Snack
10:00 - 10:30	Outdoor play in the Presidio, grassy hill, or play yard
10:30 - 10:45	Story or Puppet Show
10:45 - 11:00	Walk with seasonal songs
11:00 - 11:25	Indoor play or daily activity: painting, drawing, bread or soup making, seasonal craft, eurythmy (movement art)
11:25 - 11:35	Clean-up
11:35 - 11:45	Rest time
11:45 - 12:05	Lunch
12:15 - 12:30	Goodbyes and dismissal
12:30 - 5:00p	Optional Aftercare Program

Gentle Beginnings: Children attend nursery two, three, or five mornings a week. Each day brings a new adventure and a steady routine gives children the security from which to explore freely and confidently. The day is balanced between outdoor excursions and indoor activities, times of free play and times of work and rest. Songs fill the air and guide children through transitions. The homelike classroom environment adds to a sense of order and familiarity, essential to the healthy development of the young child.

Outdoor Exploration: Being outside in nature is integral to a Waldorf education, and is especially important for our youngest students. Our nursery children have space and time to run, climb, build forts, and experience seasonal changes in all kinds of weather! The morning begins in the beautiful walled garden of the Swedenborgian Church, our own Grade School Play Yard, or on the grassy knoll by the Presidio Branch Library. The class then gathers for a walk to the Presidio or a nearby grassy hill with small trees for climbing. Nursery children also enjoy field trips to Crissy Field.

Work and Play: Young children learn about the world through imitation and exploration, and find delight in simple yet engaging activities like bread baking, fort making, watercolor painting and crafts. Puppet shows and oral storytelling capture a child's imagination and help build strong language skills, while lively counting games lay a foundation for mathematics. Eager to help out, children set the table for a meal and chop vegetables for lunch. Teacher-guided activities support visual-spatial and fine and gross motor skills.

Healthy Movement: A day in the nursery includes plenty of space and time for movement. Eurythmy, a movement art unique to Waldorf education, brings together stories and poetry with motion. Daily neighborhood walks and excursions allow for plenty of fresh air and help build a child's confidence in the wider world. Teacher-led movement activities and games help integrate the senses, support physical and emotional development, and lay a foundation for future academic learning.

Celebration and Festivals: The nursery program celebrates the changing seasons and multi-cultural festivals through story, art, food, and song. Each child's birthday is celebrated with a special birthday circle. Nursery families enjoy a Harvest festival, an Autumn Lantern festival, seasonal family potlucks, and all-school events, such as the Winter Fair and Spring Night.

Wholesome Food: A healthy organic lunch is provided by the Nursery; parents provide the daily group snack on a rotating basis. Children help prepare and serve, pour tea for their classmates, and wash their own dishes. Mealtime begins with a shared blessing and moment of quiet. Manners, personal responsibility, and the enjoyment of a diversity of nutritious foods are all part of the experience.

Family Support: The joys and challenges of parenting a young child are supported through monthly parent evenings, parent-teacher conferences, and special lectures and events. San Francisco Waldorf School has an active Parents Association which provides numerous opportunities for community engagement.

